

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45—7:30 LENGTHS	7:00—7:30 LENGTHS	6:45—7:30 LENGTHS	7:00—7:30 LENGTHS	6:45—7:30 LENGTHS		
		7:30—8:15 LENGTHS				
		8:15—9:00 LANE SWIM			8:00—8:45 LANE SWIM	
		9:15—10:00 WATER FITNESS			9:00—9:45 AQUA ZUMBA	
		10:15—10:45 OPEN SWIM			10:00—10:45 LESSONS	
		10:45—11:30 LANE SWIM			10:45—11:30 LESSONS	
		11:30—12:15 LANE SWIM			11:30-12:30 LESSONS	
		12:15—1:00 LANE SWIM			12:45—1:30 LANE SWIM	
		1:05—1:55 ADULT REC SWIM			1:35—2:25 ADULT REC SWIM	
4:15—7:15 LESSONS	4:15—7:15 LESSONS	5:00—7:15 LEADERSHIP	5:00—7:15 LEADERSHIP			



**YMCA of
Stratford—Perth**



Stratford—Perth Family YMCA
ymcastratfordca

LANE SWIM

Increase your fitness while swimming in the pool. Lanes are designated by Leisure Swim, Slow, Medium, and Fast speeds. Continuous swimming in the lanes is encouraged.

WATER FITNESS

These water based fitness classes are designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength components. These classes will meet the needs of a wide spectrum of fitness levels, and is suitable for novice and advanced participants alike.

OPEN SWIM

Recreational swim is for all ages. Parents/guardians should be prepared to swim with children (in water, within arms reach) according to the facilities admission standards.

ADULT REC SWIM

For participants 16 years+. The pool is set up without any lanes or dividers. Equipment is available to participants to use by request.

ADMISSION STANDARDS

Each swimmer shall take a shower with warm water and soap before entering the pool. (*Ontario Public Pool Regulation 565.s.19.2*)

Those with serious medical conditions (e.g. seizures) should make the lifeguards aware of their condition or be accompanied by someone knowledgeable of their condition.

In response to recommendations set out by the coroner of Ontario and YMCA Child Protection protocols, all participants 9 years and under who wish to swim in deep water or unaccompanied in the pool, must complete a brief swim test prior to being admitted to the pool. They will be required to wear a wrist band in the pool. Wrist band colours are as follows:

5 years and Under

- Must be accompanied **in the water** by a parent/guardian who is at least 16 years of age who remains within arm's reach. Parent/guardian must remain in shallow water where they can comfortably stand. **Ratio of children to parent/guardian 2:1**

6—9 Years Old

- Children who do not successfully complete the swim test must be accompanied **in the water** by a parent/guardian 16 years or older who remains within arm's reach at all times. Parents/guardians must remain in shallow areas of the pool where they can comfortably stand. **Ratio of children to parent/guardian 4:1**

6—9 Years Who Complete the Swim Test

- Children who complete the swim test may access the pool unaccompanied; parent/guardian 16 years or older must remain **within the pool enclosure** and directly* supervise their children. **Ratio of children to parent/guardian 8:1** *Direct supervision is defined as having visual and verbal contact at all times.

10 Years and Older

- Participants 10 years and older may access the pool unaccompanied. Swimmers of any age may be asked to complete the swim test at the discretion of the Lifeguard. Based on swim ability, restriction to shallow water may be made.

Facility Admission Swim Test

Part 1: 25m Front Swim (face in the water, overarm recovery, horizontal body position, propulsive forward motion, Comfortable in the water)

Part 2: Tread Water Test (jump away from the side of pool, easily surface and begin to tread water, head/ears maintained above water, completion of required time—1 minute)

Aquatic Leadership

We offer a range of leadership courses for participants aged 10-18 years old. Geared toward swimmers who are looking to start on the path to obtaining the National Lifeguard (NL) award, those looking for an aquatic challenge and improve fitness levels or to simply increase their knowledge and awareness of Aquatic related emergencies. For more information, course pre-requisites and fees, please visit our website.

Remove shoes before
entering shower area or
pool deck

Remember your mask!

